

# Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

## City Market classes

Call for dates and times  
City Market/Onion River Coop  
82 South Winooski Avenue  
Burlington

Did you know that WIC participants can take many of City Market's cooking classes for free? To find out about class offerings or to register, call City Market at 861-9756, or go to [www.citymarket.coop](http://www.citymarket.coop), and enter the promo code "healthykids" to register online.

All activities are FREE  
of charge!



## WIC baby behavior and breastfeeding workshops

Tuesday, January 19 and  
Tuesday, March 15  
5:30–6:30 p.m.  
VNA Family Room  
20 Allen Street, Burlington

Babies are born with the ability to communicate their needs - we just have to learn their body language and recognize their cues. You're invited to a fun and free workshop all about understanding baby behavior and getting ready for breastfeeding! Come learn more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and other family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

Call Jess at 373-7074 or e-mail [Jessica.Laclair@vermont.gov](mailto:Jessica.Laclair@vermont.gov) to register.v

## The New WIC Card is coming soon!

In April 2016, all Burlington District Office WIC families will start using the new WIC card at the grocery store for WIC foods. WIC home food delivery will end. Using the new WIC card means more convenience, flexibility and choices. New food items will be available, including yogurt, whole wheat pasta, whole wheat and corn tortillas, as well as national brands of peanut butter, new options for bread, dried beans and lentils, and over a dozen brands of breakfast cereal. For more information, check out [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic).

Be sure to look out for a schedule of learning sessions that will happen in January, February and March! You will need to attend one of these required sessions to learn how to use the new WIC card and to get your own copy of The Vermont WIC Program and Food Guide.



## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting April 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### **More choices**

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### **Getting your card**

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Burlington Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### **Ready, set, shop!**

Home delivery for Burlington District Office WIC families will end the last week of March, 2016. You'll be able to use your new WIC card in authorized stores beginning April 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhuburlington](https://www.facebook.com/vdhuburlington)